

Here Comes Summer – Stress!

When we're deep in the cold, wet clutches of winter, all we can think of is the lazy, hazy summer days. Picnics, barbecues, days out and sunshine are all we remember from the last summer.

Then, when we reach summer time, we remember why summer has stresses of its own. Who hasn't day dreamed about the last summer vacation but forgotten the fact that driving hours to get there left the entire family hot, cranky and dehydrated? Or that on the second day of the break, one of the kids had an allergic reaction to a bug sting and spent the entire week whining about it itching?

With the kids at home, the planned fun and games can also turn into fighting and complaining about being bored. Some days you just wish it was winter again after all! That's why, whether you have kids or not, and wherever you are planning to spend time this summer, you need to schedule in some down time. Summer can really stress you out, so making sure that you're well prepared with pre-vacation treatments and a massage or two will give you that extra relaxation top up and also helps you make your summer holiday about you as well as everybody else.

Remember that even if you are always looking out for everyone else, you deserve some time out too. It might be a cliché that gets over used but there is a lot of truth to the statement ‘you cannot pour from an empty cup’ – get your fix of relaxation up front and you’ll feel much more equipped to give to everyone else.

Top Tips for Stress-Free Summer Months:

Spend time in the sunshine – it really does improve your mood. Load up on sun screen and head out into the back yard with a book and a cool drink, even if it’s just for 30 minutes. Get the kids out on a play date and make some time for you.

Sneak in a nap – sleep can be compromised over the summer when the temperatures rise, so if you have an opportunity in the day time for a nap, take it and stock up in advance on sleep.

Enjoy a yoga class – perfect for regular relaxation and you can take a few of your favourite moves away on vacation with you, too.

Turn off the iPads – and other gadgets. Give yourself a tech detox for an hour or so a day, or even an entire day/vacation if you think you can. Just escaping from the constant ping of notifications can be a great way to unplug stress and chill out.

Don't neglect your down-time. Schedule in time for YOU in amongst the fun family days out and other activities.

Enjoy your summer!